



***Saint Paul Parks and Recreation
and
HealthEast Passport***

50+ Across Saint Paul

Recreation for Adults 50+

Serving retirees, seniors and adults over 50



Spring Programs

March, April, May 2009



Saint Paul Parks and Recreation
50 W. Kellogg Blvd., Room 840
Saint Paul, MN 55102



City Passport
380 Jackson Street, Suite 230
Saint Paul, MN 55101

Helping to Make Saint Paul the Most Livable City in America

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NEWSLETTER CHANGES

Welcome to the first issue of "50+ Across Saint Paul". Information contained in this newsletter combines Saint Paul Parks and Recreation's "Pioneer Spirit", City Passport's "City Passport Press" and information for several other senior serving agencies.

Subscription Contribution: Many of you are receiving this newsletter for the first time. In the past, only people who have paid a subscription fee received the newsletter via the US mail. We would like the 50+ Across Saint Paul Newsletter to go to as many adults age 50+ as possible. Rather than rely on a subscription fee, we are asking for a subscription **contribution**. It costs over \$5 per year to print, publish and distribute the newsletter. Therefore, we ask that you consider donating a **minimum of \$5** to help offset the cost of the newsletter. If you are able, perhaps you would consider making a larger donation to help pay for the newsletter of someone who cannot afford to make that donation. You may include your donation by using the form on page 15.

HOW DO I REGISTER FOR PROGRAMS?

To register for Saint Paul Parks & Recreation programs, please fill out the form on page 15 and mail to "Recreation for Adults 50+" 50 W. Kellogg Blvd. Suite 840, Saint Paul, MN 55102. You may also register by phone or online at our website.

To register for City Passport programs, call 651-232-1301.

To register for programs offered by other senior-serving agencies, follow the directions listed with their program information.

CHECK OUT OUR NEW WEBSITE

The Saint Paul Parks & Recreation for Adults 50+ has an updated website that will be beneficial to our participants. You will now be able to view the newsletter (formerly known as the Pioneer Spirit) online and access information about our various programs and activities. To access our website, go to www.stpaul.gov/parks. Next, click on the Services link on the left hand side of your screen. From there, go near the bottom of the page and click on Recreation for Adults 50 + information. We hope this website will help make information about our programs more accessible to all of you. If you have questions or suggestions, please call Trenton Henspeter at 651-266-6363.

CONTACT INFORMATION

Recreation for Adults 50+ Saint Paul Parks and Recreation 50 W. Kellogg Boulevard, Room 840 Saint Paul, MN 55102		City Passport 380 Jackson Street, Suite 230 Saint Paul, MN 55101 651-232-1301
Mary Livingston 651-266-6447 mary.livingston@ci.stpaul.mn.us	Trenton Henspeter 651-266-6363 trenton.henspeter@ci.stpaul.mn.us	
Linda Flynn, Supervisor 651-266-6443 linda.flynn@ci.stpaul.mn.us	FAX: 651-292-7311 Website: www.stpaul.gov/parks	

TRIPS, TOURS AND SPECIAL EVENTS


GOTTA KEEP SINGING!

WHEN: Saturday, March 21, 2:00 p.m.
WHERE: Bethel University Campus
COST: \$22
DEADLINE: Monday, March 16
CONTACT: Trenton, 651-266-6363
Come see the Minneapolis Commodores present their 62nd Annual Show "Gotta Keep Singing." Enjoy this barbershop style performance. Transportation is available at these locations:

- Edgumbe Rec. Center, 320 S. Griggs
- Graham Place Apts, 1745 Graham Ave
- Downtown, 375 Jackson St
- Battle Creek Rec. Center, 75 S. Winthrop

SUMMIT BREWERY

WHEN: Thursday, March 26, 1:00 p.m.
WHERE: 910 Montreal Circle
COST: Free / \$5 for transportation
DEADLINE: Friday, March 20
CONTACT: Trenton, 651-266-6363
Come and explore the brewery and learn about the craftsmanship of one of Saint Paul's very own. Please indicate if you plan on attending with the group but do not need transportation. Transportation is available from the following locations:



- Edgumbe Rec. Center, 320 S. Griggs
- Downtown, 375 Jackson St
- Battle Creek Rec. Center, 75 S. Winthrop
- Oxford Comm. Center, 270 N. Lexington

CHEAPSKATES' DELIGHT

WHEN: Tuesday, May 5, 10:00 a.m. – 3:00 p.m.
WHERE: Various shops in the Saint Paul area.
COST: \$7
DEADLINE: Tuesday, April 28
CONTACT: Mary, 651-266-6447
In these economic times, doesn't everyone look for a bargain? Check out a variety of thrift shops, second-hand stores and surplus stores to find those hidden treasures. We will stop at a fast food or bargain lunch location – the cost of lunch is on your own. Van transportation is available from:

- North Dale Rec. Ctr., 1414 N. St. Albans
- Downtown, 375 Jackson St.
- Parkway Gardens, 1145 Hudson Rd
- Oxford Comm. Center, 270 N. Lexington

ST. CROIX CASINO / TURTLE LAKE

WHEN: Tuesday, April 28, 8:15 a.m. - 4:30 p.m.
WHERE: Turtle Lake, Wisconsin
COST: \$5 per person
DEADLINE: Fri., Apr. 24 (call if you miss deadline)
CONTACT: Trenton, 651-266-6363
We will be at the casino from 10:30 a.m. to 2:30 p.m. Upon arrival, participants will receive \$5.00 in quarters. Participants need to provide their date of birth and TLC number if they have one. **Pick ups start at 8:15 a.m. and include:**

- Edgumbe Rec. Center, 320 S. Griggs
- Downtown, 375 Jackson St
- Parkway Gardens, 1145 Hudson Rd
- Battle Creek Rec. Center, 75 S. Winthrop

SPRING BIRDING HIKE AND LUNCH

WHEN: Tuesday, June 2, 11:00 a.m. - 1:00 p.m.
WHERE: Dodge Nature Center, West Saint Paul
COST: \$6 (no transportation), \$11 (with transp.)
DEADLINE: Wednesday, May 27
CONTACT: Trenton, 651-266-6363
Join us for an afternoon of "birding" at Dodge Nature Center. Birding is Minnesota's most popular new outdoor recreation activity. We will enjoy ham and turkey sandwiches following the hike. Please specify your choice. Transportation is available from the following locations:

- Edgumbe Rec. Center, 320 S. Griggs St
- Downtown, 375 Jackson St
- Battle Creek Rec. Center, 75 S. Winthrop
- Merriam Park Rec. Ctr., 2000 St. Anthony

VOLUNTEER OPPORTUNITIES

Photographer: Take digital photographs at a variety of recreation programs. Photographs will be used in future editions of the newsletter and other publications.

Satisfaction Surveyor: Make follow-up phone calls to program participants and ask a few scripted questions regarding their recreation experiences. Dates and times for this opportunity are flexible.

Cable TV Assistant: Take the necessary training and become a camera operator for the Cable TV Show "New Active Generations" co-sponsored by Saint Paul Parks and Recreation, HealthEast and Cerenity. If you are interested in these volunteer opportunities, contact Mary at 651-266-6447.

CLASSES AND ACTIVITIES

“FLOWER POWER” GARDENING DAY

WHEN: Tuesday, May 12, 10 a.m. - 12 p.m.
WHERE: Harriet Island
COST: Free
DEADLINE: Wednesday, May 7
CONTACT: Trenton, 651-266-6363

Come out and exercise and socialize as we plant and do some light gardening. We will plant, weed, and water some of Saint Paul's most beautiful city gardens. Grab a trowel and help with the blooming of Saint Paul.

Pre-registration is preferred to ensure we have equipment for everyone.



BRIDGE, CRIBBAGE AND 500 TOURNAMENT DAY

WHEN: Sunday, April 19, 12:00 - 4:30 p.m.
WHERE: Edgumbe Recreation Center
320 South Griggs Street
COST: \$15 (no transportation)
\$21 (with transportation)
DEADLINE: Wednesday, April 15
CONTACT: Trenton, 651-266-6363

Enjoy a day of social and recreational cards with lunch. Register for the 500, cribbage, or bridge tournament. Doors open at noon with lunch served at 12:30 p.m. A catered lunch will be served, featuring chicken, vegetable, mashed potatoes, salad, roll and butter, coffee and lemonade. Rules for the tournament will be reviewed at 1:20 p.m., with play beginning around 1:30 p.m. Prizes will be award to the top three scorers in each card group. Bridge scoring will be tallied and awarded as partners. Transportation pick-up locations include:

- Battle Creek Rec. Center, 75 S. Winthrop
- Merriam Park Rec. Ctr, 2000 St. Anthony
- Downtown, 375 Jackson St

T'AI CHI CHIH

WHEN: Tuesdays, Feb. 24 – April 14
TIME: Intermediate: 1:00 – 2:00 p.m.
Beginner: 2:15-3:30 p.m.
COST: Intermediate: \$25
Beginner: \$35
WHERE: Linwood Recreation Center
860 St. Clair Avenue
INSTRUCTOR: Sandra Skach
DEADLINE: One week prior to start date
(call if you miss the deadline)
CONTACT: Trenton, 651-266-6363

The beginning class is for those who are interested in learning T'ai Chi Chih, a moving meditation based on the Chinese philosophy of promoting vitality, longevity, more abundant health, stress relief and heightened mind-body awareness. **The intermediate class** is for students who have learned the 20 movements of T'ai Chi Chih. This class will review movements and allow participants to practice the slow, gentle movements that tone muscles and improve circulation with no impact or strain on joints or ligaments. **For both classes**, wear comfortable clothing and flat, soft-soled shoes or heavy socks.

T'AI CHI CHUAN

WHEN: Session II -09
Thursdays, March 5 – April 9
Session III-09
Thursdays, April 24 – May 28
TIME: 5:30 – 6:30 p.m.
WHERE: Martin Luther King Rec. Center
271 Mackubin Street.
COST: \$35/session of 6 classes
INSTRUCTOR: Barb Frankel
DEADLINE: One week prior to start date
(please call if you miss the deadline)
CONTACT: Trenton, 651-266-6363
Students can learn this Yang style short form of T'ai Chi. Emphasis is on relaxation, balance and focus. The exercises use slow, rhythmic movements in a variety of standing postures. Through T'ai Chi Chuan you can develop flexibility, confidence and coordination.

CLASSES AND ACTIVITIES

COOKING CLASS

WHEN: Thursday, May 14, 10 a.m. – 12 p.m.

COST: \$5

WHERE: Battle Creek Recreation Center

75 S. Winthrop St.

DEADLINE: Thursday, May 7 (call if you miss the deadline)

CONTACT: Trenton, 651-266-6363

Spring has sprung and it's time to enjoy the fresh flavors of the season!

Come join us as we make and enjoy: penne pasta salad with fresh asparagus and cherry tomatoes, spring seafood stew, grilled veggie and chicken kabobs, and the grand finale, light carrot cake.

GONE FISHING EXPEDITION

WHEN: Thursday, May 28, 9 a.m. – 12 p.m.

WHERE: Lake Phalen Fishing Pier

COST: \$5 (no transportation)

\$10 (with transportation)

DEADLINE: Friday, May 22 (call if you miss the deadline)

CONTACT: Trenton, 651-266-6363



Join us for our second urban fishing experience at Lake Phalen. Meet in the Phalen Picnic Pavilion parking lot. After some education from the DNR we will head to the fishing pier, the shore line, and canoes to fish. A picnic will follow our fishing and will

include chips, potato salad, coffee, lemonade, and hopefully some fish! All fishing equipment will be provided. Transportation will be available from these locations:

- Edgumbe Rec. Center, 320 S. Griggs
- City Passport, 375 Jackson St
- Battle Creek Rec. Center, 75 S. Winthrop
- Merriam Park Rec. Ctr, 2000 St. Anthony

SENIOR ROYALTY ALUMNI ASSOCIATION ANNUAL MEETING

The Senior Royalty Alumni Annual Meeting will take place on Tuesday, May 19. A location has not yet been selected. Following the Executive Board meeting, flyers will be mailed to all current and past Senior Royalty. If you have questions or would like to suggest a meeting location, please call Mary at 651-266-6447.



STRETCH/STRENGTH/BALANCE

WHEN: Mon/Wed, April 13 – June 8 (no class May 25), 11 a.m. – 12 noon

COST: \$10

WHERE: Oxford Comm. Center, 270 N. Lexington

INSTRUCTOR: Amy Michael

DEADLINE: Monday, April 6

CONTACT: Mary, 651-266-6447

Join us for some gentle exercise that will help build strength, balance, and flexibility. This movement program will help you relieve stiffness, and maintain and improve your joint mobility and muscle strength. All exercises can be done by while sitting, standing, or on the floor and can be especially helpful to those living with Arthritis. One of the most helpful things you can do for arthritis is to exercise wisely. The class will be taught by an instructor that has been certified by the Arthritis Foundation. The class is sponsored by the Summit University Living at Home Block Nurse Program and the North Central Chapter of the Arthritis Foundation.

ENHANCEFITNESS®

WHEN: Tue / Thur, March 3 – May 21, 10 – 11 a.m. (24 classes)

WHERE: Oxford Comm. Center, 270 N. Lexington

COST: \$24 (Non-UCare members) age 55+
Free (UCare Members)

INSTRUCTOR: Judith Drews

DEADLINE: None, join when you can, call first

CONTACT: Ruth Schumi, 651-266-6432

EnhanceFitness is lively, interactive, and fun! Designed for older adults, these popular group exercise classes feature cardiovascular conditioning exercises, strength training, and balance routines that help improve flexibility, bone density, and stability. The sessions also promote endurance, coordination, and mental sharpness for everyone involved. Certified fitness instructors offer personal attention while participants work at their own pace to improve their overall health and well-being. These classes are sponsored by UCare Minnesota and are available at no charge to UCare for Seniors members.

ON-GOING ACTIVITIES

GOLDEN MELODY MAKERS CHORUS

WHEN: Thursdays (ongoing), 10:15-11:15 a.m.
WHERE: City Passport 380 Jackson St, Suite 230
COST: Free

CONTACT: Mary, 651-266-6447

Do you like to sing? Join the Golden Melody Makers Chorus. The chorus meets weekly for either a performance or rehearsal. The chorus is comprised of men and women age 50+ who enjoy singing four-part arrangements of many types of music. The group performs at health care centers, senior centers, schools, and special events. Performances can be booked for your special event. The Chorus presents a 30-minute musical program featuring four-part harmony songs. The chorus requests a \$50 honorarium for performances in Saint Paul and \$70 for performances in the surrounding communities.

BOWLING LEAGUE, MIXED SENIOR

It's never too late to join! Be a regular bowler or a substitute. The "Over The Hill Gang" bowling league meets on Mondays, 9:30 a.m. at Midway Pro Bowl, 1556 University Avenue. The "Over The Hill Gang" group will bowl through March 23, 2009. This is a USBC sanctioned league for men and women, age 50+. Bowlers pay a one-time sanctioning fee of \$12 and a weekly bowling fee of \$8. For information, call Trenton at 651-266-6363.

BRUNCH CLUB

The Brunch Club meets at 11 a.m. on selected Tuesdays and Fridays. To make reservations, call Kathy Nelson at 651-699-9654.

- Tuesday, March 3 – Betty's Pies
700 Wildwood Road, Mahtomedi, 651-777-6728
- Friday, March 20 – Chianti Grill
1611 West Larpentour Avenue, 651-644-2808
- Tuesday, April 7 – Granite City
851 Rosedale Ctr. Roseville, 651-209-3500
- Friday, April 17 – Schroeder's Bar & Grill
605 Front Avenue, 651-489-9633
- Tuesday, May 5 – Cecil's Delicatessen
651 South Cleveland Avenue, 651-698-0334
- Friday, May 15 – O'Gara's Bar & Grill
164 Snelling Avenue North, 651-644-3333

HIKING CLUB

All hikes are on Wednesdays and start at 9:30 a.m.

- April 1 Hillcrest Rec. Center, 1978 Ford Pkwy.
Meet in the front entry way.
- April 8 Maplewood Mall, 694 & White Bear Ave.
Meet at the main mall entrance next to Sears on the lower level. Sears is on the Southeast corner of the mall.
- April 15 Crocus Hill Neighborhood - Meet in the parking lot at Linwood Rec. Center, 860 St. Clair Ave. We will walk north into the neighborhood.
- April 22 Thompson Park – West Saint Paul
Located on Butler Ave. at Sperl St., east of Robert St. and west of Hwy 52. Meet in the parking lot.
- April 29 Colby Park – Woodbury - Go east on Hwy 94 to Radio Drive, turn right. Go to Valley Creek Road, turn left. The park will be a short way down the road on the right. If you reach Woodbury Dr. you went too far.
- May 6 Sun Fish Park, Lake Elmo - Go east on Hwy 694 and take Hwy 5 East. The road becomes Stillwater Blvd. Turn left on Stillwater Lane and follow to Kelvin Ave.
- May 13 Como Park Lake - Meet at the Lakeside Pavilion in the south parking lot
- May 20 Van Hike: Long Lake Park - Meet in the Sears parking lot on Rice Street. Park on the Rice Street side of the building, in the furthest left row as you face the building. The cost of the van ride is \$2.
- May 27 McCarron's Lake - Park in the McCarron's Lake parking lot on Rice St. just north of Larpentour Ave.

In the case of inclement weather, please call Trenton at 651-266-6363 between 8:00-8:30 a.m. the day of the hike for cancellation information.

Performers/Presenters



Jeanne E. Rogers

Where the theater comes to you and presenters too!

- Quality performers & presenters
- Family Friendly

PRESENCE PROMOTIONS
(651) 489-9617

www.presence-theultimategift.com

CITY PASSPORT ACTIVITIES

Activities on this page take place at City Passport, 380 Jackson St., Suite 230
For more information or to register for activities on this page, call City Passport at 651-232-1301.

City Passport will be closed Monday, May 25th in observance of Memorial Day.

COMMUNITY ACUPUNCTURE

Every Tuesday at 9:30 a.m.

Community Acupuncture is a traditional style of treatment where patients share a common room and remain clothed and seated. Participants tell the acupuncturist about the location of their pain and that directs the treatment plan. Cost will be on a sliding scale from \$10 to \$40 paid in cash at the time of service. About ten thin acupuncture needles will be placed and you will rest for up to 30 minutes. For best results six weekly visits are recommended. Clients will be seen on a first come, first served basis.

Andy Lininger, LAc, is a licensed acupuncturist practicing at the Natural Care Center at Woodwinds. He is credentialed with the HealthEast health care delivery system and sees patients within Woodwinds hospital.

ICE CREAM FLOAT HOUR

25 Cents

Friday, March, 20, 1:30-2:30 p.m. Root Beer Floats

Friday, April, 17, 1:30-2:30 p.m. Orange Floats

Friday, May, 22, 1:30-2:30 p.m. Root Beer Floats

SAINT PATRICK'S DAY CELEBRATION

Meet at City Passport for coffee. Then we'll go as a group to the parade where we will have reserved curbside chairs. After the parade we will return to the center for a light lunch and singing. It's sure to be fun.

Tuesday, March 17, 11:00 a.m. \$3

LADIES' TEAS

Come with your hat and cup for tea.

Spring Starts - Monday, March 23, 2:30 p.m.

Fee includes finger sandwiches and dessert. \$2.00

April Showers - Monday, April 27, 2:30 p.m. -

Fee includes finger sandwiches and dessert. \$2.00.

Waves and Wacs - Monday, May 25, 2:30 p.m. -

Fee includes finger sandwiches and dessert. \$2.00

CANDY BAR BINGO

Let's play bingo! A candy bar will be your entry fee – and maybe your prize! All candy bars that are collected will be used as prizes. You may also win other gifts and goodies. For more information, contact Mary at 651-266-6447 or 651-232-1301.

Cost: your entry fee is one (1) candy bar.

Monday, April 27, 10 – 11 a.m.

BEGINNING CROCHET CLASS

Bring a skein of 4-ply worsted weight yarn in your favorite color and a size J or K crochet hook. In the first class you will learn basic crochet techniques and start to make a scarf. After working for a week on your own, you will return to finish your project in class. Register by calling City Passport at 651-232-1301.

Fee: Donations welcome

Fridays, March 20 and 27, 10 – 11 a.m.

BEGINNING KNITTING CLASS



Bring a skein of 4-ply worsted weight yarn in your favorite color and pair of size 10, 11 or 13 knitting needles (the larger the needles, the looser the knit). In the first class you will learn basic knitting techniques and start to make a scarf. After working for a

week on your own, you will return to finish your project in class. Register by calling City Passport at 651-232-1301.

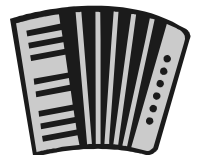
Fee: Donations welcome.

Fridays, April 10 and 17, 10 – 11 a.m.

ACCORDION SING ALONG

Join Mary and sing along with some old favorites. Rhythm instruments will be available to play or bring your own. Free.

Friday, March 13, 10:30 – 11:30 a.m.



HAND AND FOOT

Learn this fun variation on the game of Canasta. We will meet every Wednesday for 6 weeks. Virginia Nienow is the instructor. Call 651-232-1301 to let us know if you will attend. Free. Wednesdays, April 1 – May 6, 10 a.m. – 12 noon

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HEALTHEAST PASSPORT PLAYERS

Purpose Statement:

To encourage persons 50 and better to express themselves by telling stories, using improvisational scenarios and movement to improve mental, physical, and social well being. To break down the stereotypes of aging by communicating and coaching others in the community. We will use creative expression and movement as our canvas.

Passport Reader's Theater

This session is for beginners or participants who enjoy being on-site for activities. Participants will warm up physically and vocally, and develop skills in improvisation and storytelling. Reading from plays, especially short pieces, develops the skills of reading aloud. Learning acting skills, and movement on stage, can be part of this session. Original material can be used if someone has a piece they want to develop, or ideas come up in an improvisational setting. Participation may or may not develop into public performances. A televised production, or a live production, would still be in the form of a Reader's Theater.

The Reader's Theatre, led by Helen, will be on Wednesdays from 5:00 - 6:00 p.m. There is no fee to participate.

Passport Players

This program provides opportunities for participants who wish to perform. Actors who have a part would be encouraged to memorize their lines. The project will be led by Dean Seal and held every Wednesday from 3:00 – 5:00 p.m. There is no charge to participate.

The HealthEast Passport program is fortunate to be partnering with COMPASS in this art and health care project.

Passport Players Performance

If you would like the Passport Players to come to your senior center, residence or care center and perform their play, please contact City Passport at 651-232-1301.

ON-GOING PROJECTS AT CITY PASSPORT

Global Health Ministries

Passport has partnered with Global Health Ministries to help sort through items that help save lives. Global Health Ministries is a grass roots network of persons concerned with health care work in other countries. One of their goals is to gather and provide funds for special health related projects overseas. Volunteers collect medical supplies, sort and recondition equipment and other materials and pack them in containers. Projects will be available on a periodic basis.

Quilting Group

Volunteers come on Mondays and make quilts for children in need. Fabric, batting, yarn, and sewing machines are already at City Passport. All you need to do is come. Members are welcome to join the group regardless of sewing experience.

Baby Knit Club

Knitters come on Thursday at 1:00 p.m. to knit hats for the newborn babies in the hospitals. They have made over 2,000 hats in two years. They have also made baby buntings for the preemies born in the hospital, and afghans for the hospital emergency room. All yarn and needles are provided. Members are welcome to join the club regardless of knitting experience.

Surgical Caps and Doll Clothes

Children's Hospital has asked us to help them make surgical caps for their young patients. These caps will be made with a variety of children's fabric, and the child can pick the one they like and keep it. The staff at Children's Hospital said these caps are very important at a difficult time in a child's life. The caps are very simple to make. If you can draw and cut a circle, you are qualified. The group will meet most Mondays at 2:30 p.m. Check the calendar.

Memory Boxes

HealthEast hospitals have requested painted cardboard boxes to give to parents who have lost their child due to an illness or accident. The child's belongings and documents are put in this keepsake box. This is a drop-in activity. If you have an interest in painting or decorating the boxes come to City Passport, we provide the boxes and painting supplies.

CITY PASSPORT ACTIVITIES

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ON-GOING PROGRAMS

5-Card Stud

Join your fellow members for a fun game of Poker.
They meet every Wednesday starting at 12:30 p.m.
Free

Texas Hold-Em

Join Mike for a fun game of Texas Hold-Em. This
group meets every Friday starting at 1:00 p.m.
Free

Dominoes

If you have never played dominoes before, Nancy
will teach you. Fridays, March 13 and 27, April 10
and 24, May 8 and 29 at 1:30 p.m. Free

Happy Birthday Party

Second Monday of each month at 2:00 p.m.
Enjoy cake and ice cream for 25 cents – free in
your birthday month.
Mondays, March 9, April 13 and May 11.

Book Club

The Book Club meets one Tuesday each month to
discuss a book that they have read. Call Susan
Rowe at 651-229-0116 for the book selection for
each month. Free
Tuesdays, March 17, April 21, May 19 at 1:00 p.m.

Writers Group

Third Friday of each month at 10:30 a.m.
Get together with other writers to share your work
and receive feedback. Free
Fridays, March 20, April 17 and May 15.

What Do You Think?

Come to this discussion group and talk about
current events and other scenarios. Members
enjoy giving their opinion and listening to others. It
is a great chance to get to know your fellow
members in a fun way. Free
Fridays, March 20, April 24, and May 15 at 11 a.m.

Irish Language Classes

Come and learn a few words (cupla focal) of Irish.
Learn how to greet, find your way, and how to order
food in two lessons. Helen (Eiblin) will connect you
with some interesting websites to help you learn
more. Free.
Wednesday, March 4 and 11 from 5:30 to 6:30 p.m.

Movies: Thursdays at 1:00 p.m.

March:

- 5 A Shot in the Dark
- 12 Indiana Jones-The Crystal Skull
- 19 Tony Bennett in Concert
- 26 The Way We Were

April:

- 2 50 First Dates
- 9 Pink Panther Strikes Again
- 10 The Passion of Christ
- 16 Rent
- 23 King Lear
- 30 Red Skelton Shows

May:

- 7 Swing Vote
- 14 Lars and the Real Girl
- 21 Revenge of the Pink Panther
- 28 Encyclopedia of the 20TH Century: Days that
Shook the World-1900-1919

HEALTH SCREENINGS AT CITY PASSPORT

Foot Clinic

Shelly from Foot Works will come and provide foot
care for members. A whirlpool foot bath, massage,
and nail cutting is provided. Please call 651-232-
1301 to schedule an appointment. \$30.00

Free Blood Pressure Checks

Deb will take blood pressures every Monday from
10:00-11:00 a.m. (or by appointment). Feel free to
drop for this very important screening and meet
Deb.

Medical Insurance Counseling

Please call 651-232-1301 to register for an
appointment
Thursday, March 19, 10:30 a.m.
Thursday, April 16, 10:30 a.m.
Thursday, May 21, 10:30 a.m.

Free Hearing Screenings

Call Marlene at 952-431-6113 to schedule an
appointment. Hearing Screenings take place at
City Passport.

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Activities on this page take place at City Passport, 380 Jackson St., Suite 230
For more information or to register for activities on this page, call City Passport at 651-232-1301.

COMPUTER CLASSES: 2009

You must register for computer classes. You may register by phone if using your Visa or MasterCard. Refunds will be made if our office receives a cancellation notification 48 hours before class. To register, call 651-232-2400 or send the registration to City Passport, 380 Jackson Street, Suite 230, Saint Paul 55101

Digital Photography and Processing Photos:

Download photos from your camera and improve them on your PC. Learn the elements of good photography. Students' pictures will be shown and enhanced in class. *Prerequisites-experience with MS Windows-based PC and your digital camera.*

Tuesday: Part 1 - March 3, Part 2 - March 10
1:30 to 3:30 pm \$20 for the series

Buying and Selling on eBay and Craig's List:

EBay, an electronic auction site, is one of the most frequently visited websites on the Internet. Craig's List is like an electronic garage sale. Learn how to gain access to the sites and the procedures for bidding or listing items. *Prerequisites-email address, credit card, and experience with MS Windows-based PC.*

Tuesday, March 31
1:30 to 3:30 pm \$10

Are Computers For Me? Do you have questions or anxieties about using a computer? Gain basic knowledge and practice on a computer. Previous computer skills not necessary.

Wednesday, April 1
1:30 to 3:00 pm \$10

PC Basics: Intro to Microsoft Windows-based Computers. Learn which cords plug in where, turn on the PC, open programs and files, use the mouse, and make sense of all the things it does. One 1 ½ hour session – no prerequisites.

Wednesday, April 8
1:30 to 3:00 pm \$10

Word Processing: Learn to create, save and print documents. Learn how to cut, copy, paste, make text bold, underline and more, using Microsoft Word.

Two 2-hour sessions – *prerequisites-experience with MS Windows-based PC.*
Wednesdays: Part 1 - April 15, Part 2 - April 22

Ten Great Web Sites: Visit some very useful sites for seniors-plan a bus trip, reserve a library book, get a map to a restaurant, and more. *Prerequisites-experience with MS Windows-based PC.*

Tuesday, April 28
1:30 to 3:30 pm \$10

Wander the Web: Learn how to search the web to find almost any piece of information. Resolve difficulties you may have searching the Internet.

One 2-hour session-*prerequisites-experience with MS Windows-based PC.*

Wednesday, April 29
1:30 to 3:30 pm \$10

E-mail: Learn e-mail features and how to send e-mail to friends and family. *Prerequisites-experience with MS Windows-based PC.*

Wednesday, May 6
1:30 to 3:30 pm. \$10

MAYOR'S ADVISORY COMMITTEE ON AGING

The City of Saint Paul Advisory Committee on Aging (ACOA) promotes the dignity and independence of Saint Paul's aging population. Saint Paul citizens and agency professionals work to analyze and assess the current special needs of senior citizens living in Saint Paul. For more information, contact Mary at 651-266-6447.



Florence Reagan receives the "ACOA Award for Volunteer Service to Seniors" from Kris Fredson, Deputy Chief of Staff for Mayor Chris Coleman. Also receiving the ACOA award, but unable to be present were Hal Olson and Jean Wojcik.

W. 7th Community Center: 651-298-5493
265 Oneida Street, 55102

For cost of classes or to register please call the
West 7th Community Center at 651-298-5493

Young at Heart Exercise: M, W, F, 9:30-10:10 a.m.

Big Band Dancing: Wednesdays 1 -3 p.m.

Massage Clinic: ½ hour massages 3rd Tuesday of
each month, 1 – 3 p.m.

Blood Pressure Check: 4th Monday of the month
12:15-1 p.m.

Therapeutic Pool: 14 Sessions for \$42. Tuesdays
and Thursdays, 4 – 5 p.m., beginning March 3.

Square Dancing: Every Monday evening. 6:15 - 8
p.m.

Lunch Bunch. Meets once a month at local
restaurants. Call for more info.

St. Patrick's Day Party. Corned beef & cabbage
dinner. Entertainment. March 17 at 5:15 p.m.

Grandparent's Rights Presentation: Thursday,
March 19 at 1 p.m.

Marbling: The Art of Decorating Paper: March 24 &
26 from 1 – 4 p.m.

Perennials for the Shade Garden: March 26, 10
a.m.

Beginner Square Dancing: Mondays from 6:15-
8:00 starting January 26th.

Yoga for All Ages: Begins April 2. 8-week class.
5:30-6:45 p.m.

Environmental Matters with Ken Pentel. April 16 at
6 p.m.

Watercolors: An Introduction. 6-week class starts
April 16 from 1 – 3 p.m.

55-Alive Refresher: Thursday, April 23, from 5 -9
p.m.

This is just a sampling of our programs! Pick up a
newsletter for complete program listings!

Keystone Comm. Center: 651-645-7424
2000 St. Anthony Avenue, 55104

For information or to register for these
programs, call Keystone Senior Program, 651-
645-7424.

Over 50 & Fit – M, W, & F, 10 – 11a.m.

Light Weight Lifting - M, W, & F,- 10:45 – 11:30 a.m

Line Dance – Intermediate - Advanced on
Mondays, 1 – 2:30 p.m. \$4 per week.

Book Club - First Tuesday of each month (Sept. –
May) 12:30 – 2:15 p.m.

Bridge - Thursdays - 12:30 p.m.

Beginning Bridge Lessons – April 23, 30 & May 7
& 14th, 10:30 a.m. – noon \$5.

Cribbage - Tuesdays - 12:30 p.m.

Scrabble - Fridays – 10:45 a.m. – 12:45 p.m.

Blood Pressure Check - 2nd Wed. of the month.

Footcare - 1st Monday of the month \$20 for a 30-
minute appointment.

55 Alive Refresher Classes - Tuesdays, March, 10,
April 14 and May 12. 9:30 a.m. – 1:30 p.m. \$14

Level I Spring Forest Qigong Course – Tuesdays,
April 7, 14, 21, 28, 1:30 p.m. – 3:00 p.m. Gentle
exercises to help you relax more deeply and heal
your body. \$15 Qigong Practice Sessions –
Thursdays from 10:30 a.m. – noon.

AARP Tax Help for Seniors: Wednesdays through
April 15th. Call for appointment.

Speaker: "Smart Choices: Creating Non-Toxic
Environments, Wed., March 25, 11 a.m. – 12 noon.
Make your own bottle of non-toxic cleaner. \$1

Trip: History Theatre "Blue Collar Diaries" (A
Merriam Park Neighborhood Tale) Thurs., April 16.
9:15 a.m. – 12:30 p.m. \$29.50.

Trip: "Arboretum Tour and Flower Pot Luncheon"
May 2009. Call for more info.

WEEKLY SENIOR GROUPS

At your neighborhood recreation center

All phone numbers are in the 651 area code.

There may be a fee for some of these activities.

If you want further information about any of these programs, call the number listed for that recreation center.

<u>RECREATION CENTER</u>	<u>ADDRESS</u>	<u>PHONE</u>	<u>DAY</u>	<u>TIMES</u>	<u>ACTIVITIES OFFERED</u>
Baker	209 W. Page	292-7244	Friday	9 a.m. – 12:30 p.m.	Cards & Dice / Potluck
Battle Creek	75 S. Winthrop	501-6347	Monday (Conway) Tuesday Wed. (Hazel Park) Thursday	10 a.m.–12:30 p.m. 12:30 – 3:30 p.m. 10 a.m.-12:30 p.m. 10 – 11:30 a.m.	Cards Cards, 500 Cards TOPS
Conway	See Battle Creek				
Dayton's Bluff East Metro Seniors	800 Conway	793-3885	Friday	11 - 3 p.m.	Cards, 500
Edgcumbe	320 S. Griggs	695-3711	Thursday Mon. Wed .Fri.	8 a.m. – 12 p.m. 10:30 – 11:30am	500, cribbage and bridge Walking
Griggs	1188 Hubbard	298-5755	3 rd Wednesday	1:00 – 4:00 p.m.	Cards & snacks
Hancock	1610 Hubbard	298-4393	Thursdays	1:00 – 4:00 p.m.	Cards & snacks
Hazel Park	see Battle Creek				
Hillcrest	1978 Ford Parkway	695-3706	Monday Tuesday Mon.- Fri.	1 p.m. – 3 p.m. 9 a.m. -12 p.m. 9 a.m. – 10 a.m.	Movies Bridge and social Walking track
Linwood	860 St. Clair	298-5660	Mon. – Fri. Tues & Thur. Friday	7 a.m. – 9 a.m. 9:15 a.m. 1:15 p.m.	Walking 55 plus Fitness class Yoga
Martin Luther King	271 Mackubin	290-8695	Thurs. Every 3 rd	10 am – 3pm	Health topics, Healthy lunch served
Merriam Park	2000 St. Anthony	298-5766	Mon. Wed. Fri.	11 a.m. – 12 p.m.	Walking
North Dale	1414 N. St. Albans	558-2329	Mon. Wednesday Thursday Friday	12:15 – 1:15 p.m. 10 a.m.–12:30 p.m. 10 a.m. – 3:30 p.m. 11:30 am-3:30 pm	Exercise 500 Cards, Greedy, Cribbage Competitive 500
So. St. Anthony	890 Cromwell	298-5770	Fridays	9:30 – 11:30 a.m.	Bowling, darts & cards
West Minnehaha	685 W. Minnehaha	298-5823	Fri. Every 3 rd Tues. & Fri.	10 a.m. - 2 p.m. 10 a.m. -12 p.m.	Bingo & Potluck Walking

Boomer Corner (45+ for active adults)

Battle Creek Recreation Center, 75 South Winthrop, 55119

Badminton

The gymnasium will be available for all levels of play. Bring your favorite racket or use one provided by the Rec center. No pre registration necessary; just show up and play. Wednesdays beginning April 8 12:30–3:00 p.m.

Fee: \$2

Age: 45+

Midday Play

Don't have much to do on your lunch or looking for a little exercise during the day? The large gym will be split into two courts (one court volleyball and one court basketball). You must show ID and register.

Thursdays beginning Apr 9

12:30- 3:00 p.m.

Fee: \$2/day

Age: 45+

Women's Volleyball

Who says you can't still get on the court & hit that ball? The gym is set aside just for you & your friends to come play some fun recreational volleyball.

Come by yourself or bring a guest. All are welcome!

Wednesdays, beginning Sept 3 12:30-3:00 p.m.

Fee: \$2

Age: 45+

CITY of SAINT PAUL, PARKS AND RECREATION AND HEALTHEAST PASSPORT

JOINT TRIPS

HealthEast Passport and the Saint Paul Department of Parks and Recreation are collaborating on two trips. Since HealthEast Passport is handling registration for these two trips, please use the registration form at the bottom of this page.

All participants must be Passport members. Anyone 50 years or better may call the Passport office at (651) 232-2400 to register for a free membership. Please send complete registration form and a separate check for each event. Confirmation letters are sent 10 to 14 days before each trip. **Refunds can be given for cancellations received up to 10 days before the trip, unless otherwise indicated.**

Friday, June 12 Hike/Cannon Falls

Come hike The Cannon Valley Trail, which runs through diverse and spectacular scenery on a former Chicago Great Western Railroad line, in beautiful southeastern Minnesota. Paralleling the Cannon River, the Trail offers glimpses and panoramas of the valley. The hike will be sandwiched between a morning stop for coffee and rolls, and then lunch at The Levee in Hastings. Fee includes transportation, our experienced leader, Barb Korum, coffee stop, and lunch. \$24

Thursday, July 9 Canoeing/Mississippi River



Is this on your bucket list? Travel in 24 foot long Voyageur Canoes from East River Flats, through the Ford Lock and Dam, down to Hidden Falls Regional Park. Wilderness Inquiry is a non-profit organization dedicated to providing trips and programs for people of all ages, backgrounds, and abilities. They specialize in making the outdoors accessible to everyone. Your adventurous spirit will be combined with their expertise. Fee includes transportation, expertly trained

Wilderness Inquiry staff in each canoe, picnic lunch, and a picture to impress your grandchildren! Cancellation date is June 9. \$65

----- **Registration Form:**

Please send entire registration form and a separate check (if applicable) for each event to:
HealthEast Passport, 380 Jackson Street, Suite 230, St Paul, MN 55101. Telephone reservations for trips and classes can be made by calling 651-232-2400 if you are paying by Visa or MasterCard. Your payment reserves your reservation.

Hike/Cannon Falls

June 12

\$24

- ☐ I will leave from Conway Recreation Center
☐ I will leave from Bethesda Hospital
☐ I will leave from Woodbury Lutheran Church

Trip is approximately 9:00 a.m. - 1:30 p.m.
confirmation letter will give specific times

Canoe/Mississippi River

July 9

\$65

- ☐ I will leave from Conway Recreation Center
☐ I will leave from Bethesda Hospital
☐ I will leave from Woodbury YMCA

Trip is approximately 9:00 a.m. - 1:30 p.m.
confirmation letter will give specific times

Name: _____ Phone: _____

Address: _____ City/ZIP: _____

Three Senior Residences, One Great Neighborhood

Immediate Openings Available at Each Community!

Rockwood Place Apartments

Embracing Seniors with an Active Lifestyle.



Rockwood Place Offers Seniors a Choice of Moderately Priced One and Two Bedroom Apartment Homes.

Experience our community's lifestyle:

- Complimentary transportation to shopping areas & other planned events
- Beauty salon, exercise room
- New community laundry facilities
- Large community room
- Beautiful, relaxing outdoor grounds including gardens & walking paths
- A variety of activities for socializing and learning

Be sure to check us out at www.stuartco.com

Rockwood Place Senior Living
651-699-9844



2259 Rockwood Avenue, St. Paul

The Wellington Assisted Living

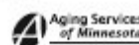
Assisted Living with the Emphasis on *Living*.



A Place Our Residents Proudly Call Home.

Just a few of the services offered include:

- Large one & two bedroom apartments
- 24-hour on-site home care staff
- Three meals a day
- Weekly housekeeping
- Complimentary laundry facilities
- Exceptional calendar of activities seven days a week
- Lifeline emergency response system answered by on-site home care staff



2008

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Award Recipient**

Call us to find out more.

Be sure to check us out at www.wellingtonresidence.com

The Wellington Assisted Living
651-699-2664



2235 Rockwood Avenue, St. Paul

The Alton Memory Care & Care Suites

Where Caring Reflects Family.



A Home-Like Setting and "Person-Centered" Care

Services and Caring Support:

- Private living suites including bath with shower
- Staff trained specifically for memory care on-site 24/7
- 3-meals a day served restaurant-style
- Weekly housekeeping and laundry
- Exceptional calendar of activities seven days/week
- Monitored building entrance and exits and resident response system answered by on-site staff
- Professional nursing staff on-site daily and on-call 24/7
- On-site social services

Be sure to check us out at www.TheAlton.com

The Alton Memory Care and Care Suites
651-699-2480



1306 Alton Street, St. Paul

A Trusted Name.



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ACTIVITY REGISTRATION – SPRING 2009

Name: _____ Phone: _____ Email: _____

Address: _____ City: _____ ZIP: _____

If you are paying for a guest, please include his/her information on the back.

Please specify any required special accommodations _____

<input type="checkbox"/> Mark choice	<u>Activity / Class</u>	<u>Special Info</u>	<u>No. of People</u>	<u>Cost</u>	<u>Total</u>
	2009 Pioneer Spirit	Subscription contribution suggested minimum		\$ 5.00	
	Class: Cooking Class			\$5.00	
	Class: Enhance Fitness (UCare Member)			Free	
	Class: Enhance Fitness (non-UCare member)			\$24.00	
	Class: Stretch/Strength/Balance			\$10.00	
	Class: T'ai Chi Chih beginner			\$35.00	
	Class: T'ai Chi Chih intermediate			\$25.00	
	Class: T'ai Chi Chuan Session II-09			\$35.00	
	Class: T'ai Chi Chuan Session III-09			\$35.00	
	Special Event: Bridge, Cribbage, 500 Tournament – no transportation	Circle the game you want to play: Bridge Cribbage 500		\$15.00	
	Special Event: Bridge, Cribbage, 500 Tournament – with transportation	Circle the game you want to play: Bridge Cribbage 500 Pick up at: circle Battle Creek, Merriam Park, 375 Jackson		\$21.00	
	Special Event: Flower Power Gardening Day			Free	
	Special Event: Gone Fishing – no transportation			\$5.00	
	Special Event: Gone Fishing – with transportation	Pick up at: (circle) Edgcumbe, 375 Jackson, Battle Creek, Merriam Park		\$10.00	
	Tour: Cheapskates' Delight	Pick up at: (circle) North Dale, 375 Jackson, Parkway Gardens, Oxford		\$7.00	
	Tour: Gotta Keep Singing	Pick up at: (circle) Edgcumbe, Graham Place, 375 Jackson, Battle Creek		\$22.00	
	Tour: Spring Birding Hike and Lunch – no transportation			\$6.00	
	Tour: Spring Birding Hike and Lunch – w / transportation	Pick up at: (circle) Edgcumbe, 375 Jackson, Battle Creek, Merriam Park		\$11.00	
	Tour: St. Croix Casino	Pick up at: (circle) Edgcumbe, 375 Jackson, Parkway Gardens, Battle Creek		\$5.00	
	Tour: Summit Brewery – no transportation			Free	
	Tour: Summit Brewery – with transportation	Pick up at: (circle) Edgcumbe, 375 Jackson, Battle Creek, Oxford		\$5.00	

Write only one check, payable to: City of Saint Paul – Adults 50+ .

Enclosed is Check Number _____ in the amount of \$ _____

To register for activities on this page, mail this form with payment to "Recreation for Adults 50+" 50 W. Kellogg Blvd. Suite 840, Saint Paul, MN 55102. You may also register by phone (651-266-6363 or 651-266-6447) with a credit card.



Photo by John Hassinger

2009 WINTER CARNIVAL SENIOR ROYALTY

From left: Prince of the Four Winds, Ed Lanz; Prime Minister, Ron Meyer; King Winter LI, Ted Ringberg; Queen of the Northlands, Sharon Meyer; Lady in Waiting, Dorothy St. Marie; Princess of the Four Winds, Kathy Reimer.



Saint Paul Parks and Recreation
Senior Citizen Programs
50 W. Kellogg Blvd., Room 840 RCGC
Saint Paul, MN 55102
AA-ADA-EEO Employer
www.stpaul.gov/parks

Many of you are receiving a complementary copy of this newsletter for the first time. Please see article on page 2 for subscription information.